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NEWS WORTH SHARING.

‘Tattoo artist turned cyborg’ talks silver linings at TEDxRegina

This year’s theme was ‘Upside of Disruption’ PAGE 4

Yet another school shooting rocks the U.S.

President Obama says the country should be ashamed following an Oregon shooting that left one student dead, one teacher injured PAGE 7

‘TRENDING WORLD CUP’ FEVER: FACEBOOK FOOTY

CHECK OUT WHAT MESSES MESSI HAS BEEN LEAVING ON THE PITCH, HOW ADVERTISERS ARE TURNING TO TUNES TO SELL STUFF GLOBALLY, AND HOW TO TRACK GAMES VIA SOCIAL MEDIA PAGE

FALLEN HEROES AND THOSE LEFT BEHIND

An officer holds slain RCMP Const. David Ross’s dog Danny at the funeral procession for the three RCMP officers who were killed in the line of duty last week, at their regimental funeral at the Moncton Coliseum in Moncton, N.B., on Tuesday. More coverage, page 5. MARC GRANDMAISON/THE CANADIAN PRESS

Sombre journey for local police

Moncton shootings. Sask. officers travel to New Brunswick to pay tribute to RCMP comrades killed in line of duty last week

MARCO VIGLIOTTI
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Saskatchewan police personnel joined thousands of their colleagues across the country on Tuesday in Moncton to pay tribute to three RCMP officers killed in last week’s shootings in the southeastern New Brunswick city.

Five Regina police members — including Supt. Lance Dudar, as well as three Saskatoon police officials — have joined a number of RCMP officers from Saskatchewan’s F Division in travelling to Moncton to attend a regimental funeral in honour of their fallen comrades.

“Just arrived at the muster point for the RCMP funerals in Moncton ... sad sad day,” Dudar wrote on Twitter on Tuesday morning, adding that he was unsure whether the Moncton Coliseum would “be big enough” to hold all the officers attending the service from across Canada.

Sgt. Craig Cleary, spokesman for Saskatchewan Mounties, said an unspecified number of representatives of the province’s F Division and of the Regina-based Depot Division attended Tuesday’s funeral, where they were joined by members of every RCMP division in Canada.

“Some members may be going to the funeral at their own expense and we have no way of truly knowing the exact number of members from each division in attendance,” Cleary told Metro by email.

Justin Bourque, 24, is suspected of shooting and killing the three officers and severely injuring two other officers during a rampage that paralyzed Moncton on June 4.

After a frenetic manhunt that brought the city of about 70,000 to a standstill, Bourque was finally arrested by police in the early hours of June 6.

Saskatchewan has a profoundly deep connection to the national police force, as all RCMP officers go through training at Regina’s Depot Division.

“Our thoughts are with our colleagues in New Brunswick during this difficult and tragic time,” Cleary added.

Paying their respects

“Just arrived at the muster point for the RCMP funerals in Moncton...sad sad day.”

Tweet from Supt. Lance Dudar of the Regina Police Service on Tuesday morning

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Darryl Hickie

Sitting MLA in training to return to police work

Premier Brad Wall says he's OK with allowing a politician to temporarily return to his old job as a police officer while retraining and recertifying.

Prince Albert Carleton MLA Darryl Hickie has been training for his return to active police duty when his political term is up in two years.

Hickie said in April that he wouldn't run again in the next provincial election expected in 2016 and that he planned to return to the force.

But the Opposition NDP says Prince Albert residents who have encountered Hickie in the course of his investigations in recent days have raised concerns.

NDP justice critic John Nilson says people have told the Opposition they're uncomfortable that a politician can conduct investigations involving his constituents.

The premier says Hickie will quit his political post if he decides to return to active duty when his training ends later this month.

"I am certainly comfortable with a temporary arrangement and his continued focus on the constituents of PA Carlton while retraining and recertifying," Wall said in a statement Tuesday.

"Darryl has received approval from the conflict of interest commissioner for his reinstatement."

Nilson acknowledged that politicians can have other jobs, but he's questioning how Hickie can collect two salaries paid for by taxpayers.

"Here, on the face of it, there's an appearance of conflict, especially when you work two taxpayer-funded jobs," he said. THE CANADIAN PRESS

Delivering food delivers honours for Sask. startup

Tech. Web-based firm SkipTheDishes winning awards and expanding to new cities in west

A local web startup has enticed Saskatchewanians to skip the dishes and use its online delivery service, and the budding tech company is also hoping to draw Alberta foodies.

The brainchild of four Saskatoon and Prince Albert entrepreneurs, SkipTheDishes has made waves in Canada's technology scene. Recently, the company won the annual Innovation Challenge sponsored by Saskatchewan-born entrepreneur and past CBC Dragons' Den panellist Brett Wilson. It also received grants last week from the Manitoba government for its work in Winnipeg.

"It was a great way for us to get the recognition and the reassurance that our business works," co-founder Andrew Chau told Metro.

Chau and his team won a $15,000 prize through the Innovation Challenge, and they plan to use it to expand their business in Alberta.

SkipTheDishes is operating in five Prairie cities — Saskatoon, Regina, Winnipeg, Red Deer, Alta., and, most recently, Calgary — and delivers on behalf of about 500 restaurants.

"We have a very strong Saskatchewan presence, and we're planning on continuing to grow not only locally but bring our technology first to Calgary and then to Edmonton," Chau said.

Unlike other delivery services, SkipTheDishes has its own fleet of some 60 couriers who bring food to customers from 11 a.m. to 11 p.m.

"Partnering with SkipTheDishes allowed us to reach a different branch of customers," said Kristi Huber, owner of Jack Keaton's BBQ & Grill in Regina.

"We originally didn't offer delivery, but now we're able to with this service."

The startup is beginning to offer a GPS feature on its mobile application, through which customers can track their food orders as they're en route.

"Of course, there are always challenges to overcome," Huber said, "but ... they're very knowledgeable and it's always helpful to have local guys working with us." SARAH TAGUIAM/METRO

Jack Keaton's BBQ & Grill owner Kristi Huber says partnering with online food delivery service SkipTheDishes has allowed her business to reach new customers. ROSS ROMANIUK/METRO

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'Dirty Harry, only hairier'

WolfCop scores in limited release at box office

The producers of the made-in-Saskatchewan comedy-horror movie WolfCop are howling with joy.

CineCoup CEO J. Joly says the movie, about a werewolf police officer with a nasty temper, opened on Friday at theatres in Regina, Saskatoon, Moose Jaw, Calgary, Edmonton and Vancouver.

The film brought in an average of $5,000 per screening.

Joly says that's pretty good considering that Hollywood movies usually make between $6,000 and $10,000 per screening.

WolfCop is scheduled to open at five more theatres this week, and will debut in Toronto this Friday.

The creators of WolfCop won a competition at last year's Banff World Media Festival and were chosen from among five finalists to receive a $1-million investment from CineCoup.

"We're really, really happy," Joly said.

"We got a great screen average, considering we did no traditional media in terms of putting big advertisements on TV and stuff like that."

Writer-director Lowell Dean has described his main character as "Dirty Harry, only hairier."

The story is set in the fictional town of Woodhaven and follows alcoholic cop Lou Garou (a play on "loup garou," which is French for werewolf) who is subject to blackouts.

When the full moon is out, he becomes a "rage-fuelled werewolf."

A sequel is already in the works.

THE CANADIAN PRESS/CJME

Actor Leo Fafard, who plays the movie's title character, performs a howl on the red carpet at the WolfCop premiere in Regina on Friday. SARAH TAGUIAM/METRO

Regina tattooist and amputee shows the 'Upside of Disruption'

TEDxRegina. Notable speakers at annual event included a jewelry designer, naturalist and eco-friendly inventor

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Self-described Saskatchewan-based "tattoo artist-turned-cyborg" Terry Oh spoke in the University of Regina on Tuesday at the annual TEDxRegina speaker event.

Staying true to the event's theme — The Upside of Disruption — Oh, who lost his leg in a motorcycle accident three years ago, told a huge crowd how he used the tragedy as a springboard for a better perspective in life. "It's made me focus more on my mission in life," Oh told Metro. "I'm using that terrible situation to my advantage and trying to spread a positive outlook to people who have something taken away from them."

Since the accident, Oh, who owns In the Flesh tattoo shop in Regina, has partnered with Alberta-based Alleles Design Studio to create artistic and wearable prosthetic covers for lower limb amputees.

Basic lightweight plastic covers with the Alleles' standard rococo design sell between $350 and $450, while custom covers designed by Oh could cost up to $750. "It can be daunting wearing something like this," said Oh, pointing to his prosthetic leg.

"But I'm part man, part machine and I want everyone else like me to see that the machine part is beautiful, as well."

Apart from Oh, seven other notable speakers shared their stories during the event, including jewelry designer Rachel Mielke, naturalist Trevor Herriot and eco-friendly inventor Eric de Waal.

"We wanted to pick a theme that captured the state of our city right now," said TEDxRegina spokesman Allan Pugla. "Due to the city's economic boom, there's been a lot of construction and dissent about the new stadium and water treatment plants ... but from all that storm, there's a silver lining."

And Oh, Pugla said, embodies that theme. "When I came out of the hospital I thought, 'I want to be a better man,' and it's events like these that make it easy for me to strive for better things," Oh said.

Tattoo artist and amputee Terry Oh shows off an artistic prosthetic cover he helps produce with Alberta-based Alleles Design Studio. Oh, along with seven other presenters, spoke at the third annual TEDxRegina event on Tuesday. SARAH TAGUIAM/METRO

Sask. drivers face stiffer vehicle seizures for offences

Drivers in Saskatchewan caught using cellphones twice in the course of a year will have their vehicles seized for up to a week under provincial regulations to take effect on June 27.

Kelley Brinkworth, spokeswoman for Saskatchewan Government Insurance, says the new provincial rules lay out stiffer vehicle seizure penalties for drivers engaging in "high-risk" behaviour including impaired driving and excessive speeding.

Quoted

"Impaired driving, distracted driving, excessive speeding ... are the top contributing factors to fatal crashes in the province."

Kelley Brinkworth, spokeswoman for Saskatchewan Government Insurance

"Impaired driving, distracted driving, excessive speeding ... are the top contributing factors to fatal crashes in the province," Brinkworth told Metro.

Under the new system, impaired drivers will face immediate roadside vehicle seizures increasing in severity from three days to 14 days, depending on driver experience and the number of previous offences.

Drivers charged with exceeding a 0.08 per cent blood-alcohol content or refusing a breath test will have their vehicles confiscated for up to 60 days, while those caught for other distracted driving offences — such as personal grooming and eating — for a third time within a year will have their vehicles seized for up to seven days.

The rules will come with hefty costs for drivers who have their vehicles impounded.

"It's $55 for the tow if you are in Regina or Saskatoon," Brinkworth said, noting that cost increases outside those two cities.

"Ten dollars a day is the storage fee at the garage. To get it out, you need to purchase a $50 release form."

Battling distracted driving, Brinkworth notes, remains a major focus for regulators as governments across Canada crack down on motorists who don't hang up behind the wheel. MARCO VIGLIOTTI/METRO

Scan the photo below with your Metro News app to see a photo gallery from the funeral.

‘Unbearable sadness’ expressed at funeral for slain Mounties

Farewell to the fallen. Police, public fill arena to pay final respects to Mounties Douglas James Larche, Fabrice Georges Gevaudan and Dave Joseph Ross

The family of Const. Douglas James Larche attend the funeral Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

The brother of one of the three New Brunswick Mounties killed in the line of duty told a regimental funeral service Tuesday that the death of Const. Douglas James Larche has left him feeling an overwhelming despair.

Daniel Larche, a master seaman in the Royal Canadian Navy, spoke of the bond he shared with his brother during his eulogy.

“I stand here before you with an unbearable sadness, disbelief, rage, because a great man was taken away from us far too soon,” he told mourners inside the Moncton Coliseum.

“Never in my worst nightmare did I envision a stitch in time that I would be giving his eulogy.”

Police and members of the public filled the hockey arena for the funeral service for Larche, 40, and fellow constables Fabrice Georges Gevaudan, 45, and Dave Joseph Ross, 32.

Ross’s brother-in-law, Adrian Vander Ploeg, recalled how the RCMP officer was making dinner but dropped everything, including leaving the barbecue lid up and the garage door open, to be among the first to respond to a report of a gunman last Wednesday evening.

“For those closest to Dave, that barbecue left still open says everything about who Dave was and his devotion to those around him,” Vander Ploeg said.

Gevaudan was remembered by Geoffrey McLatchie, his spiritual adviser, as a doting husband and stepfather.

“Fabrice lived a heart-centred life, a life of joy and happiness, a life where he connected to the community in which he lived,” McLatchie said.

“He was very comfortable in his own skin and he was his own man.”

RCMP pallbearers carried the flag-draped coffins of the slain officers into the arena. A beige RCMP Stetson sat atop each casket. Danny, a police dog that served with Ross, was led inside.

Prime Minister Stephen Harper acknowledged a “searing grief” that has enveloped New Brunswick, a province he said he’s proud to call his ancestral home. He said while the justice system will establish what happened, one thing is certain.

“We do not need a verdict to know that what happened here is an outrage,” he said.

THE CANADIAN PRESS

Police dog Danny sniffs the Stetson hat of his slain partner, Const. Dave Ross, during the funeral procession for Const. Ross, Const. Fabrice Georges Gevaudan and Const. Douglas James Larche, who were killed in a shooting spree last Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

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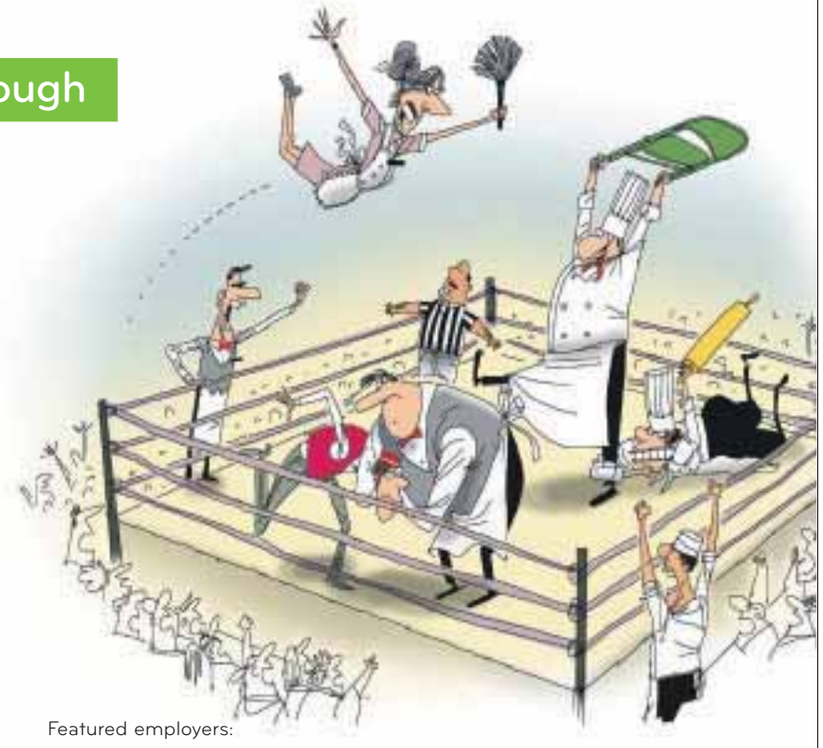

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FANS GEAR UP FOR SOCCER FEAST

The wait is almost over. The 2014 FIFA World Cup kicks off Thursday and to get you in the game, Metro has you covered with the latest from Brazil.

Underdogs Australia looking for redemption in the beautiful game?

A hot air balloon in the likeness of Brazil's Christ The Redeemer statue, wearing the colours of Australia's soccer team, floats over the Melbourne skyline Tuesday in this photo released by sportsbet.com.au. Australia will begin its 2014 soccer World Cup campaign with a match on Saturday against Chile, in Cuiaba. DAVE CALLOW-SPORTSBET.COM.AU/THE ASSOCIATED PRESS

Messi's mystery nausea foxes docs

Shortly after coming on as a second-half sub in Argentina's last World Cup warm-up, Lionel Messi doubled over and appeared to vomit on the pitch. He's done it at least a half-dozen times with Argentina and club team Barcelona, mystifying doctors and fans alike.

"Nerves," says Argentina coach Alejandro Sabella, and that's a diagnosis as good as any. The Argentina captain and four-time world player of the year is under tremendous pressure to lead the Albiceleste to its first World Cup trophy since 1986. The team opens its campaign against Bosnia-Herzegovina on Sunday.

Top athletes throwing up before, during or after a competition is not unusual. Sometimes it's because of the physical stress on their bodies, sometimes because of performance anxiety.

What's unusual about Messi is that it seems to happen quite randomly, not when the pressure would seem the greatest or when he's exhausted himself to the limit.

Barcelona's medical staff hasn't been able to find the cause. Neither have Argentina's team doctors, nor Messi himself. THE ASSOCIATED PRESS

Argentina's Lionel Messi wipes his mouth after appearing to vomit on the pitch during an international friendly soccer game in this March 5 file photo. THE ASSOCIATED PRESS

Advertisers try to score with music

Companies that are advertising for the World Cup are hoping music will strike a chord with fans globally.

Because the FIFA World Cup is the most popular sports event on the planet, advertisers want to take advantage of the large viewing audience. But the World Cup poses problems for companies that are used to making a splash at big sporting events like the Super Bowl with a pricey 30-second spot.

First off, soccer doesn't have very many commercial breaks, with two 45-minutes halves played mostly straight through. Additionally, soccer is a global event, so it's hard to make TV ads that translate across cultures. As a result, brands — both official sponsors and those that just want to capitalize on the event — increasingly are using music to get the world's attention:

Danone's Activia yogurt teamed up with Shakira to update her wildly popular 2010 World Cup Song "Waka Waka," about Africa, with a Brazil-centric video for "La La La." Coca-Cola made a song in English, "The World is Ours," and then created 32 local versions, each sung by a local artist in the native language. And Beats by Dre launched a splashy five-minute video "The Game Before the Game" that shows soccer stars like Neymar Jr. and many others preparing for game time by listening to "Jungle" by Jamie N Commons & The X Ambassadors.

The move is an effort by companies to try to capture the attention of one of the largest global audiences for any event. In the last World Cup four years ago, 3.2 billion people tuned in, according to FIFA. That's compared with the 111.5 million people who tuned into the Super Bowl this year. THE ASSOCIATED PRESS

Social media tracking World Cup games

This year's World Cup will play out on Twitter, Facebook, Instagram and messaging apps such as WhatsApp, just as it progresses in stadiums from Sao Paulo to Rio De Janeiro.

Nearly 40 per cent of Facebook's 1.28 billion users are fans of soccer. On Tuesday, the world's biggest online social network announced new features to help fans follow the World Cup — the world's most widely viewed sporting event. Facebook users will be able to keep track of their favourite teams and players throughout the tournament in a special World Cup section, called "Trending World Cup." Available on the web as well as mobile devices, the hub will include the latest scores, game highlights and a feed with tournament-related posts from friends, players and teams. The company is also launching a page called FacebookRef, where fans can see commentary about the matches from "The Ref," Facebook's official tournament commentator.

Not to be outdone, Twitter touted in a blog post last week that fans can follow individual teams or players and use the hashtag #WorldCup to tweet about the matches, and follow official accounts such as @FIFAWorldCup and @ussoccer for the United States team, for example.

THE ASSOCIATED PRESS

This image from Facebook shows the social network's "Trending World Cup" special feature. FACEBOOK/THE ASSOCIATED PRESS

One dead, one injured in yet another U.S. school shooting

Oregon. Police identify gunman, but aren't releasing his name after latest campus rampage

A gunman armed with a rifle shot and killed a student Tuesday and injured a teacher shortly after classes started at a Troutdale, Ore., school and was later found dead as police arrived, authorities said.

Authorities have tentatively identified the teen gunman, who was found slumped on a toilet in a bathroom, but weren't ready to release the name, Troutdale Police Chief Scott Anderson said.

Authorities say the shooter likely killed himself.

Anderson said the teacher, Todd Rispler, a 50-year-old physical education instructor, suffered non-life-threatening injuries and was treated at the scene.

Authorities have also identified the student killed, saying that the 14-year-old victim was killed in the boys' locker room.

The attack panicked students, and a lockdown was ordered.

People comfort each other after a shooting at Reynolds H.S. on Tuesday in Troutdale, Ore. FAITH CATHCART/THE ASSOCIATED PRESS

Morgan Rose, 15, said she hid in a locker room with another student and two teachers.

"It was scary in the moment. Now knowing everything's OK, I'm better," she said.

The first reports of shots fired came at 8 a.m. on the next-to-last-day of classes. Police initially seemed uncertain about whether there was a live shooter in the school.

Students were eventually led from the school with hands on their heads. Parents and students were reunited in a supermarket parking lot.

THE ASSOCIATED PRESS

Right to bear arms

Obama: U.S. should be ashamed

President Barack Obama says his biggest frustration so far as president is that American society has not been willing to take steps to strengthen gun control.

Obama is reflecting on frequent mass shootings during a question-and-answer session on social media site Tumblr. He says the U.S. should be ashamed.

THE ASSOCIATED PRESS

Report. Rich will benefit from income splitting

Employment Minister Jason Kenney says the Harper government has no intention of backing away from its income-splitting pledge, despite a new report concluding the plan would exacerbate income inequality and bestow the most benefits to the West.

Kenney made the statement in the House of Commons on Tuesday while debating an NDP motion to do away with the idea.

The report by the left-leaning Broadbent Institute concluded that income splitting would benefit the most affluent single-income families, cost about $3 billion, bestow no benefits to 90 per cent of Canadians, and transfer a disproportionate amount to families in Alberta and Saskatchewan, Conservative strongholds with the strongest economies.

THE CANADIAN PRESS

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NYC settles with Occupy protesters

New York City. The city will pay $538,000 to 14 demonstrators who claim they were arrested in 2012 for 'expressing their views'

New York City has agreed to pay nearly $600,000 US to settle allegations that police wrongfully arrested a group of Occupy Wall Street protesters, marking the largest settlement to date in an Occupy-related civil rights lawsuit, the marchers' lawyers said Tuesday.

The protests against economic inequality inspired similar protests around the U.S. and the world.

The $583,000 US pact involves 14 demonstrators who said police ordered them to leave but prevented them from doing so and arrested them in lower Manhattan early on New Year's Day 2012. The disorderly conduct cases got dismissed, according to the protesters' federal lawsuit, which argues they were arrested "for expressing their views."

"We were out there to send a message, and our rights were suppressed," one of the demonstrators, Garrett O'Connor, said Tuesday. The 34-year-old labour activist said police tackled him to the ground as he tried to follow their order to clear out.

The city didn't immediately comment Tuesday, but it has said the arrests were lawful. A city lawyer had said at a court conference in November that the arrests followed "a very rowdy and tumultuous march," according to a transcript. THE ASSOCIATED PRESS

An unmanned aerial vehicle equipped with a multi-spectral camera awaits takeoff at the Southeastern Agricultural Center's research farm in Moultrie, Ga., in May. JOHNNY CLARK/THE ASSOCIATED PRESS

A new, peaceful use for aerial drones sprouts up

Aerial drones, a technology perhaps best known for helping hunt terrorists on the other side of the globe, may soon begin helping U.S. farmers monitor what's happening in their fields.

In Georgia, a group of state and federal officials — along with members of industry and academia — has been working since 2009 to develop a drone that can save a farmer's time and resources during the growing season.

The public got its first glimpse of the group's unmanned aerial vehicle (UAV) at a flight demonstration last month at a research farm in Moultrie, Ga.

By deploying a UAV with a multi-spectral camera to survey crops, farmers could spot water and nutrition issues, insect infestations and fungal infections.

"The UAV saves a tremendous amount of time," said Eric Corban, founder and chief technology officer for Guided Systems Technologies Inc., a Stockbridge, Ga., company that helped develop the software. "Traditionally you would walk the field, and you would only get a small portion of the field sample. The UAV can do it in a fraction of that time and cover the entire field." THE ASSOCIATED PRESS

Pouches of tobacco

Swedish Match wants snus marked as 'modified risk'

Smokeless tobacco maker Swedish Match is asking the U.S. Food and Drug Administration to certify its General-branded pouches of tobacco as less harmful than cigarettes. The company is filing an application with the FDA to approve the snus products as "modified risk." THE ASSOCIATED PRESS

Market Minute

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WILE E. GOOSTMAN: MACHINE 1, MAN DUMB :(

JUST SAYIN'

Paul Sullivan
metronews.ca

Human evolution lurched ahead the other day, leaving Homo sapiens in the same dust that covers the Neanderthals and other dead branches on the tree of life.

Meet the future: Eugene Goostman. He's a 13-year-old Ukrainian boy. His father is a gynecologist and he owns a gerbil. (Eugene, that is, not his father.)

He's also not a real boy, but a computer program. A chatbot, to be precise.

But this assemblage of hopped-up bits and bytes managed to fool some real humans into believing he was one of us, thereby passing the legendary milestone in the field of artificial intelligence known as the Turing Test, proposed by the British mathematician Alan Turing.

In 1950, Turing predicted that in 50 years a machine would be able to fool at least 30 per cent of interrogators into thinking they were talking to a human being. Well, it took a little bit longer than 50 years (64 to be precise), but Eugene fooled 10 out of 30 judges last week at the University of Reading.

There was an immediate outcry that Eugene was a trick, that his programmers intentionally portrayed him as a child, which would explain his knowledge gaps.

Whatever the flaws in the test or the program, the point is that Eugene managed to fool some of the people in the room. This doesn't surprise me. As computers are getting smarter, I swear people are getting dumber. If you need evidence, just check out these examples from a recent Buzzfeed piece in which real people incisively demonstrate their inferiority:

"Just found out my birthday is the same day as when I was born! Life is crazy!"

Or: "Where's the 2014 Brazil World Cup going to be held?"

Or: "Wow, I can't believe the titanic sunk and the people filming it didn't even stop to help. :("

I could go on, but you get the idea.

Siri-ously

No wonder Eugene Goostman sounds like a real boy. It ain't nothin' special.

Yeah, it's a little creepy getting overtaken by Little Boy Blue. Maybe not as creepy as Her, the recent Spike Jonze movie in which the world's creepiest actor Joaquin Phoenix falls in love with an operating system. Although who can blame him … his operating system has the voice of Scarlett Johansson. Fool me once, twice, whatever.

I haven't fallen in love with my operating system. Yet. But I am fond of her. Siri tells me that right now, it would take me 29 minutes to drive home. That's the word she/it uses. Home. Like we both live there. When Siri first did that, I admit to being touched. Not only did she/it suggest we go home, she gave me precise, accurate directions. It had been a long day. I was tired. I was just glad somebody … or something … knew the way.

ZOOM

Spiralling into control

It can take as little as 30 seconds for photographer Martin Kimbell to create one of his light-art creations. "The light patterns themselves do not typically take a great deal of time, but illuminating and exposing the rest of the scene can." COURTESY MARTIN KIMBELL/SOLENT NEWS

Artist lights up night with Spirograph of the skies

Photographer Martin Kimbell creates light drawings that use the picturesque night skies in quiet countryside locations across the U.K. as his canvas.

The 25-year-old from Nottingham, England, uses a technique to create intricate spirals, which look like they could have been created on a '60s-era toy Spirograph. METRO

Hoop dreams

The images include a ribbon of white lights, which meander among the trees, and a tornado-like beam.

Kimbell creates the pictures using long-exposure photography, which involves leaving the camera shutter open for up to an hour.

He throws a spinning hoop fixed with LED lights into the air and waits while its path is captured on the film. METRO

Quoted

"What I love about light painting is that it gives me a level of control and creative freedom which is rare in most forms of photography. Through the adding of different light patterns, or by illuminating it differently, I can completely transform the scene."

Martin Kimbell, photographer

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MetroTube

Stuck at the airport? Make a music video

REBECCA WILLIAMS
readers@metronews.ca

Airports are contradictory places.

They're exciting because you're headed somewhere and boring because, well, waiting, security lines and more waiting. So what to do while stuck at one? You could pick up a book, eat some snacks, plan your trip — or shoot a music video.

When Richard Dunn was stranded at a Las Vegas airport "all by himself" that's exactly what he did. (Via Richard Dunn/Vimeo)

ETHAN MILLER/GETTY IMAGES

metro

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SCENE 2

Scan this photo with your Metro News app for a video of Jay Baruchel talking about Hiccup!

Stop dragon my rep around

Breathing fire.
Fearsome beast of myth tips scales as misunderstood creature

IN FOCUS
Richard Crouse
scene@metronews.ca

The Hobbit author J.R.R. Tolkien described dragon Smaug as "a most specially greedy, strong and wicked worm." The Flight of the Conchords have a song called Albi the Racist Dragon, and on Dragon Day at Cornell University, an effigy of one of the giant beasts is burned while students shout and dance.

They can be fiery, fearsome creatures. "Noble dragons don't have friends," writes Terry Pratchett in Guards! Guards! "The nearest they can get to the idea is an enemy who is still alive."

It's not hard to understand why the folks on Game of Thrones are wary of Daenerys Targaryen's (Emilia Clarke) brood of the beasts when she spouts off lines like, "When my dragons are grown, we will take back what was stolen from me and destroy those who wronged me! We will lay waste to armies and burn cities to the ground!" Then there's Bryagh, the serpentine villain of The Flight of Dragons who not only insults the movie's heroes before dispatching them, he also gobbles up the eggs of other dragons!

Maybe if characters in movies paid more heed to the advice given by author Steven Brust — "Always speak politely to an enraged dragon" — then movies and TV wouldn't have to offer up such a wide array of ways to rid the world of dragons. Look on IMDb, there are dozens of titles containing the phrase "dragon slayer."

The 2010 animated hit How to Train Your Dragon begins in a remote Viking village where killing a dragon is "everything." It focuses on Hiccup (Jay Baruchel), a kind-hearted boy who captures one of the flying behemoths and discovers two things: One, he can't bring himself to kill it, and two, that dragons aren't the fearful monsters everyone thinks they are. He becomes a Dragon Whisperer and the movie shows the serpentine creatures in a different light than the abysmal brutes usually seen on screen.

How to Train Your Dragon hero, Hiccup, voiced by Jay Baruchel. CONTRIBUTED

Baruchel and his best Bud

Toothless hero for young fans

Jay Baruchel has a unique voice. Instantly recognizable, the nasally twang he uses to bring the character of How to Train Your Dragon 2's Hiccup to life is so distinctive it even has its own Facebook fan page.

You would think that kids — who made the Viking teenager and his dragon Toothless so popular on the big screen (the original 2010 movie grossed almost half a billion dollars) and on the TV show and video games — would be thrilled to meet the man behind the voice. Right?

"Friends who have kids will say, 'Hey! Look! It's Hiccup,'" and then it is utter, sheer disappointment," he says. "'This is not Hiccup. It's a real-life human dirtbag I'm looking at.' Although I have to say I was in a liquor store in Los Angeles a few months ago, and I was saying something to the cashier and this guy turned around and said, 'You're funny. You know you're doing something right when you get recognized by your voice,' but usually with the kids, they're super bummed to actually meet me."

Baruchel has voiced Hiccup in two films (with at least one more on the way) and 40 episodes of the television show.

Director Dean DeBlois says that the actor and the character are now interchangeable, with Baruchel bringing character ideas to the table every time out.

"How much input I ultimately have is purely up to (Dean)," says Baruchel.

One of Hiccup's vocal tics unmistakably came from Baruchel — his habit of calling his dragon by the nickname Bud.

"That is clearly me," he says. "I remember the first time we did it in the first one and it just kind of stuck and became a thing. I call everyone Bud in real life and half the work is for me not to call every character in this movie Bud. It's kind of specific to Toothless now. I still fit in some hoser wherever I can."

RICHARD CROUSE

All the rage

"Always speak politely to an enraged dragon."

Author Steven Brust

This weekend, How to Train Your Dragon 2 adds to the list of cinematic dragons who are more misunderstood than actually evil.

The 1941 Disney flick The Reluctant Dragon features a dragon that would rather recite poetry than cause havoc. "You've got to be mad to breathe fire," he says, "but I'm not mad at anybody."

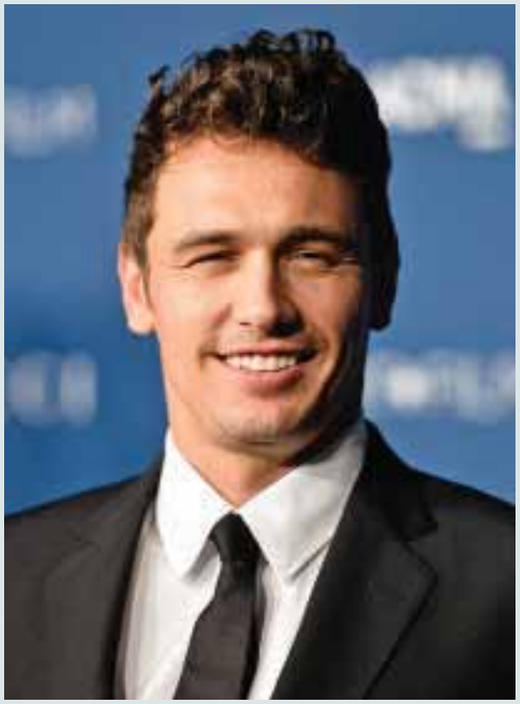
In the live-action DragonHeart, a fire-breather must team with a dragon-slaying knight (Dennis Quaid) to end an evil king's rule. When the giant serpent is accused of eating an adversary, he is indignant. "I merely chewed in self-defense, but I never swallowed."

Eddie Murphy lent some comedic relief to the 1998 animated movie Mulan as the tiny, blue-horned Mushu. He may be the size of the Geico gecko, but don't mention it. "I'm a dragon, not lizard. I don't do that tongue thing."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Always classy Franco's fanfic plucks LiLo-est hanging fruit

MELINDA TAUB
Metro World News

James Franco and Lindsay Lohan deserve each other, I think. Both of them seem addicted to the spotlight, and neither has any qualms about involving other people in their nonsense. Case in point: James Franco wrote a "short story" about Lohan for Vice's fiction issue.

It's not just about Lohan — Franco fills the piece with anecdotes about his life in Hollywood, circa 2011. By calling it fiction, I'm sure he intends us to ask ourselves what's real and what's made up, which, to be fair, I totally am. The bulk of the piece is about Lindsay Lohan — I'm sorry, "Lindsay Lohan" — letting herself into "James Franco" the narrator's Chateau Marmont bungalow to hit on him. He reads her stories instead of sleeping with her, until she falls asleep. That much Franco has relayed in interviews as fact. But what about the details we haven't heard about before? Here are a few I'm curious about, despite knowing that my curiosity would please James Franco:

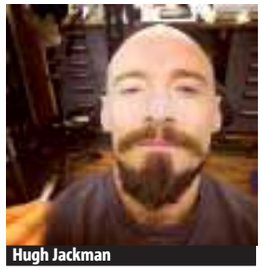
- Did Lindsay Lohan really pound on Franco's door, yelling that he was a "bookworm punk blogger f—?"
- Did James Franco really turn in his sullen Oscar hosting performance because he wasn't allowed to dress up as Cher and sing You Haven't Seen the Last of Me?
- Did Lindsay Lohan really spread false rumours that photographer Terry Richardson was shooting a sex book with Lohan and Franco?
- Will Lindsay Lohan sue him?

I don't really approve of kissing and telling, but I have to admit that I'd get through a lot more New Yorker fiction if it was all like James Franco's Lohan fanfic.

Kate Hudson ALL PHOTOS GETTY IMAGES

Kate finally calls out former beaus for being dopes

After dating both Lance Armstrong and Yankees star Alex Rodriguez, it's surprising Kate Hudson hasn't weighed in on the sports doping issue sooner. But better late than never. In an interview with InStyle magazine, Hudson says she was "as shocked as anyone" when Armstrong confessed to using performance-enhancing drugs. "I personally think that you make the choices you make and you should reap the consequences," she says. "Lance and Alex are phenomenal athletes who have made some bad choices and let a lot of people down. It's a decision they made for themselves, and they've got to loathe it."



Hugh Jackman

All Blackbeard and no hair makes Jackman a sexy pirate

What happened to our beloved Hugh Jackman's hair? Just this weekend he was looking mighty fine in all of his hirsute glory while hosting the Tony Awards. And now this photo appears on Instagram? Reportedly, there's a good reason he's shaved his head — he's getting ready to play the role of Blackbeard in an upcoming movie called Pan.

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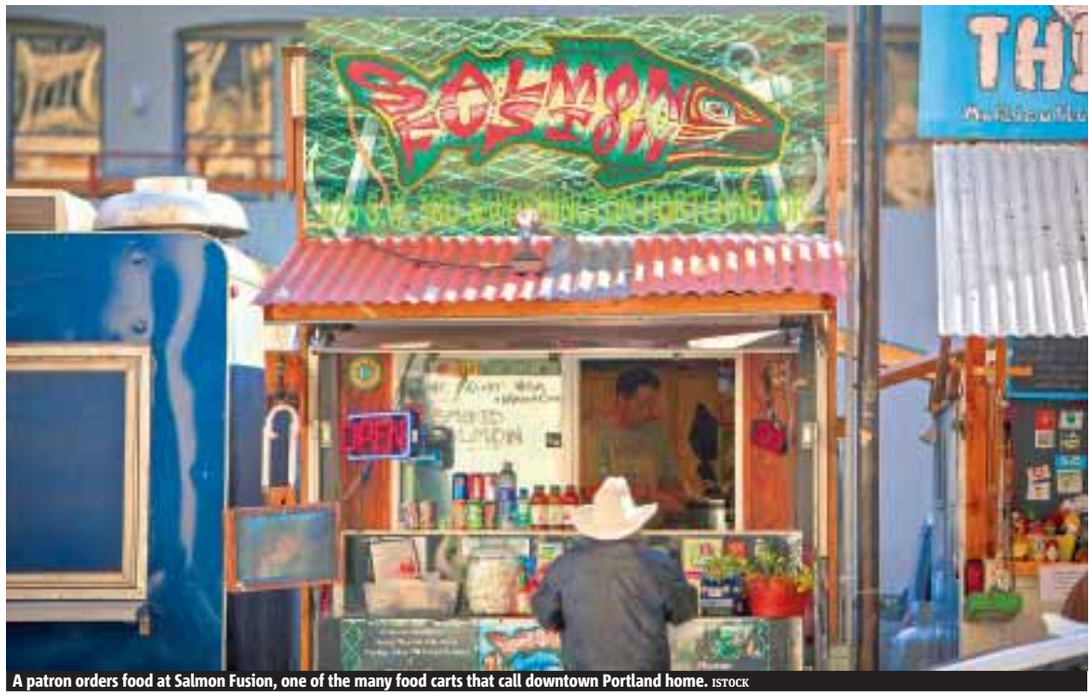
LIFE 3

Portland hits the spot with its weird and wonderful food carts

Would you like tarragon anchovy mayo on that? The city's most famous food stalls combine comfort with courage

STEVE GOW
life@metronews.ca



A patron orders food at Salmon Fusion, one of the many food carts that call downtown Portland home. ISTOCK

With over 500 eateries dotting the cityscape, Portland's food carts have become a thing of legend. Unlike most cities' roving food trucks however, most of Portland's kitchens are stationed in so-called pods and serve up more than just uninspired frankfurters. In Portland, foodies can feast on everything from hummus to Himalayan fare. Here is a list of just five of the most far-out food trucks to tempt you on your next trip to Oregon.

Potato Champion
Since 2008, this food cart has been serving up twice-fried Belgian-style pommes frites with a variety of sauces that include Rosemary Truffle Ketchup and Tarragon Anchovy Mayo. But if you're interested in tasting their big signature dish, you'll need to order the PB and J — fries topped with peanut satay and raspberry chipotle sauce. As one can imagine, Potato Champion is especially popular with late-night crowds. Visit potatochampion.com.

808 Grinds
Aloha, foodies! Named "favourite food cart" in an Oregonian reader's poll, this award-winning eatery offers up an array of authentic Hawaiian cuisine, including kalua pig (a kind of pulled pork). For the experimental, you can also taste Spam Musubi (seared marinated spam over rice wrapped in seaweed) with their Garlic Furikake Fries. See 808grinds.com.

Solar Waffle Works
A very unique food cart, Solar Waffle Works is an all-volunteer, non-profit business that relies almost entirely on solar energy to cook all sorts of sweet and savoury waffles from as low as $2.50. Toss in the fact that they manage a training program for at-risk youth in the community and Solar Waffle definitely works. Check out www.pps.k12.or.us/schools/solar-waffle.

Chez Dodo
Mauritius is a long way from Oregon, yet you can get the taste of the tiny Indian Ocean island right in the middle of Portland. The island itself is a mix of different cultures (Portuguese, Indian, African) but is most famous as the home of the famed, extinct Dodo bird. At Chez Dodo, you begin with a base of flat bread or noodles, add a sauce, and top with bean, potatoes, meat and, if you're daring, the Island Fever spicy curry sauce. See facebook.com/chezdodo.

PBJ's Grilled
Founded by Las Vegas expatriates, PBJ's serves all manner of popular grilled peanut butter and jam sandwiches — which can include applewood smoked bacon, hamburger, crispy coconut shrimp and more. Who could have guessed jalapeno peppers would go so well with peanut butter? Visit pbjsgrilled.com.

Plan a food quest

For the most comprehensive list of Portland's exterior eateries, Food Carts Portland boasts a constantly updated list of carts, maps, cuisine categories and menus. In fact, they even offer tours. Visit foodcartsportland.com.

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Bucket list

TIM STEWART

Ooh la la! Top of the Eiffel Tower

So romantic, so ubiquitous, so over-exposed — but still so incredibly neat. The Eiffel Tower is all those things, and you really need to make a pilgrimage to the top of the 1,710 steps in your lifetime. Built in 1889 (recently celebrating its 125th birthday), it was the tallest building in the world at the time: 1,062 feet. The 10,000 tonnes of iron latticework is painted every seven years to ward off the rust and to make sure it looks postcard-perfect for the seven million people that visit each year. Make a day out of your visit to the Champ de Mars; bring a picnic or a Frisbee.

DOUG WALLACE/METRO

Amazing Race ups the drama

Off to the races.
Canada host Jon Montgomery promises an intense season full of villains and heroes

ON THE MOVE
Loren Christie
life@metronews.ca

My favourite reality travel competition, The Amazing Race: Canada, is coming back for a second season. I tried to get some details out of returning host, Jon Montgomery.

Why should people tune in?
This year the race is harder, the drama is going to be more intense and the teams are going to be awesome, from villains to heroes and back. You will love the same people that moments later you might hate. It's the most real reality TV show out there.

What makes it different from last year?
There are more teams and therefore the race and the number of episodes are longer. This year's racers are more competitive in terms of their physicality and their nature. These people are gamers — students and fans of the show. Alliances were formed, and when teams interact, whether trying to work together or against each other, that always adds drama to the situation.

Can you tell me where the race started this year?
In Canada.

Helpful. Are we going to see provinces that were missed last year ... Manitoba, New Brunswick?
You can't please everybody all the time. We do our best.

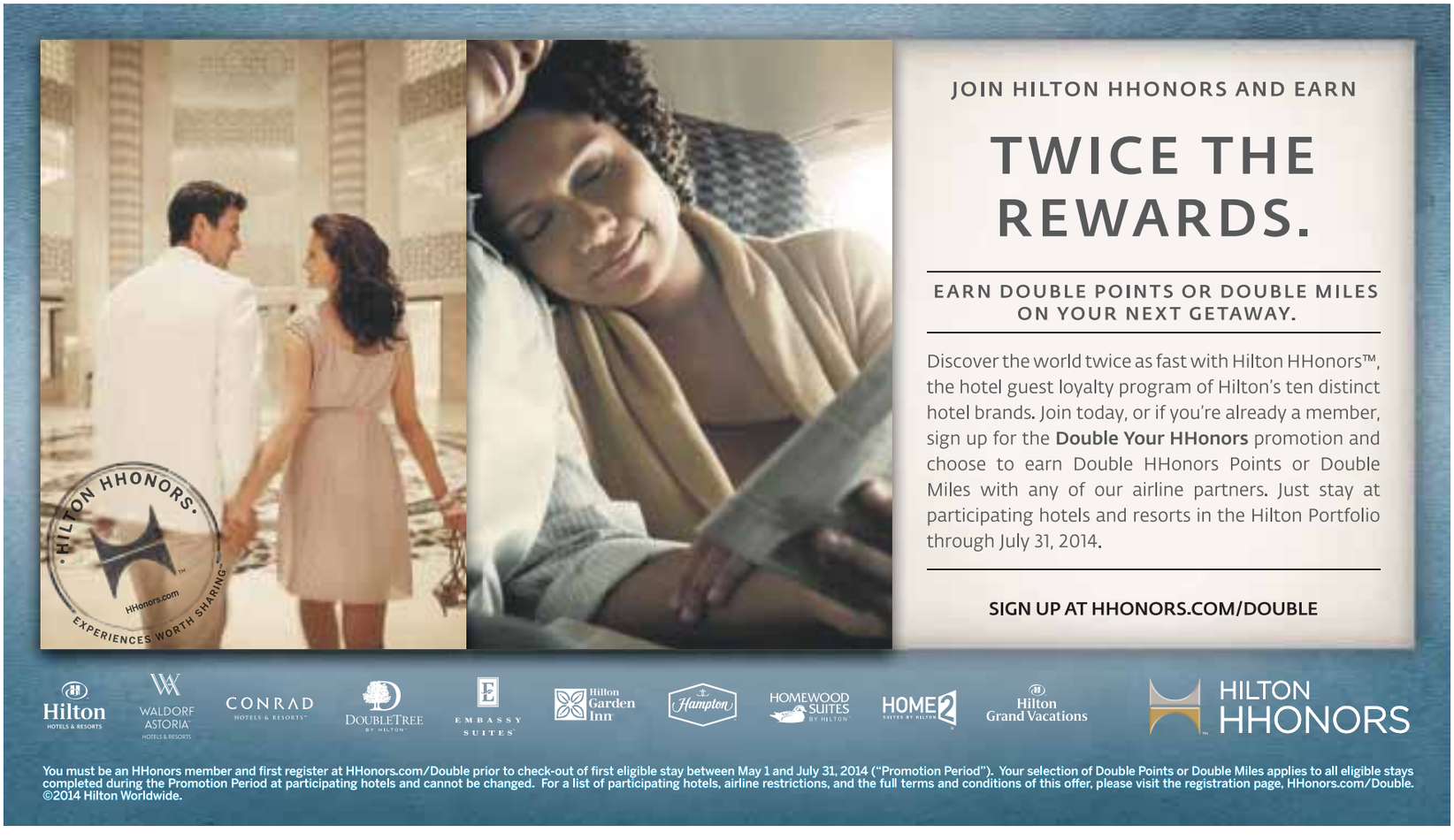
Did racers need to bring their passports this year?
They did need to bring their passports, if they didn't have a valid driver's licence. You need ID of some sort.

Jon Montgomery returns to CTV July 8 for the second season of The Amazing Race. CTV

Very cryptic. Were there places you visited that you'll go back to?
Of course! The landscapes were mesmerizing. People will be blown away by the vistas that make up our backdrop to the shenanigans that unfold. We could do another 10 seasons here in Canada and never have the same backdrop twice.

You are unique in that you actually do the detours and roadblocks.
You betcha. From my standpoint, that's the best part. I get to try all of the things. If I didn't do them, it was simply an issue of time constraint. The food-based challenges can be disgusting stuff, but I have to do it. When am I going to get another chance to try? I think that's why people tune in. They can see themselves on the show. They don't need to be gifted in any special way, they just have to have a desire to explore and challenge themselves. And the capacity to travel inter-provincially.

And maybe ... internationally?
Maybe ... stay tuned.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Prepping for Pomp and Circumstance

Convocation. Keep these key points in mind while putting on your cap and gown

ELIAS DA SILVA-POWELL
TalentEgg.ca

If you're soon to attend your convocation, then the last time you were handed a scroll on stage was probably at the end of high school, which may seem like a lifetime ago.

Though you've seen dozens of graduation ceremonies in TV shows and movies, it's easy to get caught off-guard by the reality of convocation.

As a double grad with a host of multiple-degree-holding friends, I've heard a lot about graduation and its various pitfalls.

Don't get me wrong, it's still a great day and an occasion to celebrate. But a little preparation can make a lot of difference. Here are key things you should keep in mind:

Put your best foot forward

The only thing more risky than overdressing for your convocation is a bad footwear choice. Brand new shoes look great, but not when every step means the discovery of a new blister. Similarly, a height boost will only give you a confidence boost until you topple over.

Tip: Unless you're planning to ride a skateboard across the stage, leave your sneakers and running shoes at home. If you buy new shoes, break them in first. Heels should be no higher in inches than the number of years it took to complete your degree.

High shoes, you lose

Heels should be no higher in inches than the number of years it took to complete your degree.

If it's on, turn it off

If your cellphone is on, turn it off. If it's on silent, turn it off. If you're "pretty sure" it's off, turn it off.

Tip: This isn't funny. Even if the speeches are dull, your EDM ringtone isn't going to solve anything.

Get ready to see everyone

The periods before and after the convocation ceremony can feel like the most uncomfortable cocktail party in the world.

The neighbour who broke your heart? Right there. The person you offended in a class debate? Hi. The former friend you no longer speak to? Strained silence.

You'll cross paths with an endless array of these people. You'll even be able to hear their less-than-enthusiastic clapping from the stage, no matter how big the crowd.

Tip: Nod, smile, shake hands — and keep moving. Find (and stay with) your close friends. Consider having a less-problematic personal life the next time around.

Brace for speeches

As someone who has both given and listened to some terrible speeches, I recognize that fine speech-making is much like fine watch-making — a delicate, precise balance of minute parts, all working towards a simple yet elegant goal.

The speeches at your ceremony may be rise-to-your-feet-and-cheer good or Oh-wow-I'm-watching-sunbeams-cross-the-walls bad, but in either case, you should be prepared for awkward jokes, personal anecdotes that go nowhere and discouraging school-of-hard-knocks type observations.

Tip: Giving a speech at your ceremony? Don't use the phrase, "It's tough out there." Everyone is tired of hearing that.

Significant moments can also be incredibly uncomfortable

When you boil it down, the whole "big day" is a backdrop to your moment: the moment when you cross the stage, seize your scroll and stomp gloriously down the stairs, accompanied by roars and cheers. That's a TV/movie thing, though.

For the average student, there's only enough crowd-enthusiasm to carry you partway across the stage. If your ceremony involves multiple steps (get the degree, get a handshake, walk to centre stage, get another handshake, etc.) you may find your big moment has a backdrop of quiet coughing and the rustling noise of hundreds of people sweating quietly.

Tip: At many ceremonies, the audience is specifically asked not to applaud, in an effort to keep the event on-pace. Prime your family and friends to disregard this directive — everyone else will.

You are already taking too many pictures

It's great to live in an age where every device is also a camera, microphone and camcorder.

This is a big day. While you celebrate with friends and family, you should also make sure to take a few photos to commemorate the occasion. Please take a few. Just a few. A few, ok?

Instead of 547 photos of varying quality capturing every moment from when you arrived (confused), to when you crossed the stage (blurry), to when you got outside (exhausted) ... stick with four or five nice, well-lit, non-blurry, non-awkward photos with the people who mean the most to you.

Tip: Get your photos, then take the batteries out of the camera. Or at least, give it to the person with the least interest in photos.

Dress cool, dress smart. The robes are hot, and you'll probably put them on at least an hour before you cross the stage. When you find yourself standing in an airless stairwell shoulder-to-shoulder with 140 other people, you'll regret wearing more layers than were strictly necessary. FLICKR: LOYOLAUNIVERSITYCHICAGO

It isn't over just yet

There are a lot of "lasts" involved in finishing school: last lecture, last assignment, last exam.

- Chances are, none of these experiences felt like the end of a chapter in your life. That's because they weren't — and convocation is no exception.
- Though convocation comes with a stage and applause, your life isn't a play, with neatly ordered scenes and cues. You won't get a sense of a finished chapter until you find yourself moving through the next one.

Make a reservation on the far side of town

Depending on your cohort size, the number of restaurants within walking distance of the venue and the overall quality of the culinary scene in your town, it can be almost impossible to get a table for a celebratory lunch or dinner after you've swaggered across the stage. Don't set your heart on visiting your favourite venue if your favourite venue is everyone else's favourite venue.

Tip: If you don't make a reservation, at least have a list of top choices and be prepared to adapt to long lines.

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TalentEgg #QuestionoftheDay: Should you focus on quality or quantity during a job hunt?

@michellekj__
If you are applying to jobs that are relevant/you are qualified for/excited about, I think you can do both!

@EDSPowell
Tough question! One thing: make sure you're still able to submit a unique application for each job!

@SamBoucher24
Quality! Take that extra time to make sure your resume is tailored to the position you're applying for.

@janet_ha
Both. It takes persistence and sweat to get your career where you want it to be.

@laurengineer
Quality! If you try to do too much too quickly, you probably won't be putting your best self forward each time.

@SenatSethi
Definitely quality. Quantity implies a lack of focus and a "shotgun" approach, and finding a job is about intentionality!

@Krista4RBC
Quantity if u want a job, Quality if u want a career! Be selective- research & show true interest.

@Recruit_Campus
QUALITY! Focus the extra time on networking! Then you'll hear about jobs before they're posted!

A crunch that goes from appetizer to meatless dinner

Crunchy Vegetable and Lentil Salad. This dish, which is finished with a tasty pesto, is the perfect option for outdoor dining

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe makes four to six servings. EMILY RICHARDS

I love making salads to serve up for dinner. They look amazing and are easy to prepare ahead.

This Vegetable and Lentil Salad is a great one to pack along for a dinner picnic in the park. Bring along a baguette and some cheese with a bottle of your favourite wine to enjoy a quiet dinner outdoors.

The lentils in this salad provide a meatless protein option and the perfect texture to enjoy along with the crunchy vegetables.

Grown in Canada, lentils have become a popular addition to many kitchens. Not only canned varieties, which are pantry staples, but also dried lentils can be cooked up quickly with lots of flavour and textures.

No matter what the cuisine, lentils find a place to be enjoyed throughout the dinner routine. Try adding them to your favourite salads, soups or burgers! Yes, lentil veggie burgers can become a big hit in your house, too.

If you have leftover grilled chicken or a can of tuna or salmon, feel free to add it in for a heartier salad.

Serve the Vegetable and Lentil Salad on a bed of greens for a twist or in small portions for a new appetizer idea.

Cooking tips

- White balsamic vinegar offers a slightly sweet flavour to this salad; for more tang, use a cider or white wine vinegar.

Ingredients

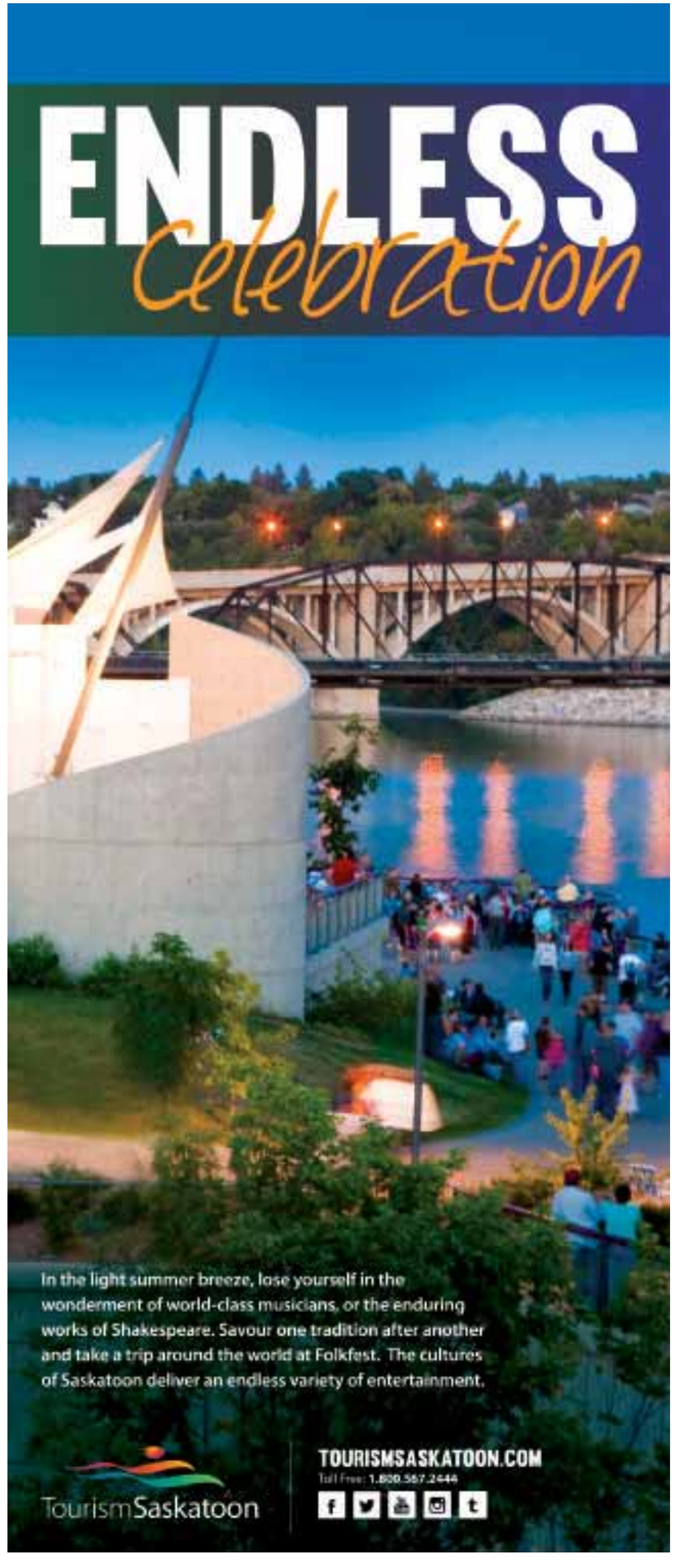
- 1/2 cup (125 ml) dry green or brown lentils
- 2 cups (500 ml) water
- 2 bay leaves
- 1 large rib celery, diced
- 1 large carrot, shredded
- 1 red pepper, chopped
- 2 tbsp (30 ml) chopped fresh mint

Pesto Dressing

- 2 tbsp (30 ml) vegetable broth
- 2 tbsp (30 ml) white balsamic vinegar
- 1 tbsp (15 ml) basil or sundried tomato pesto
- 2 tsp (10 ml) canola oil
- 1/4 tsp (1 ml) freshly ground black pepper
- 1/4 cup (60 ml) finely crumbled light feta cheese

1. In pot, combine the dry green or brown lentils, water and bay leaves; bring to a boil. Reduce heat and simmer gently for 15 to 20 minutes or until tender. Drain and rinse with cold water; drain well and place in large bowl. Stir in celery, carrot, pepper and mint.

2. Pesto Dressing: In a small bowl, whisk together broth, vinegar, pesto, oil and pepper. Stir in feta cheese. Pour over top of salad and toss to coat.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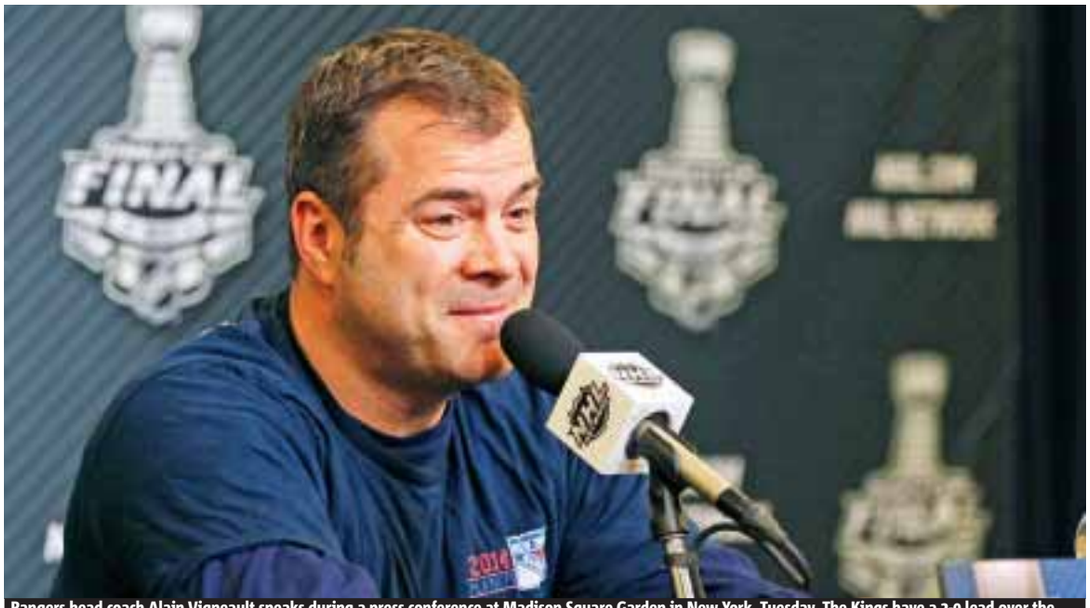


Rangers head coach Alain Vigneault speaks during a press conference at Madison Square Garden in New York, Tuesday. The Kings have a 3-0 lead over the Rangers in the Stanley Cup final. KATHY WILLENS/THE ASSOCIATED PRESS

Reeling Rangers feeling rotten in the Big Apple

Stanley Cup final.
Down 3-0, New York finding it hard to hang on after crippling losses

Sleep was understandably hard to come by for the New York Rangers on Monday.

They had just lost Game 3 of the Stanley Cup final to the Los Angeles Kings in demoralizing fashion, falling into a 3-0 series hole that feels nearly impossible to dig out of. By Tuesday morning it was clear there was more tossing and turning than turning the page.

"I'm not going to lie to you, it's pretty much impossible to be upbeat," alternate captain Brad Richards said.

Upbeat would be just about the last word anyone could use to describe the Rangers, who will find themselves on the eve of potential elimination in Game 4 Wednesday night at Madison Square Garden. Despondent, defeated and devastated would be more like it.

Coach Alain Vigneault knows there's no sense hiding from those emotions.

"We're down 3-0. We're all lacking sleep. This is tough," Vigneault said.

Short on luck?

Showing up hasn't been the issue for the Rangers. They led Games 1 and 2 by multiple goals and outshot the Kings 32-15 in Game 3.

There isn't much for the Rangers to be cheery about. Not after two overtime defeats in Los Angeles and one back home that included allowing a goal with 0.7 seconds left in the first period and being unable to crack Jonathan Quick.

Reality seemed to set in by the third period of Game 3 as many fans who paid a premium price to attend the first cup final game at the Garden in 20 years had already left.

Even as players talked on Tuesday about bad bounces and the luck the Kings have enjoyed, there's not much solace in being a couple of fortunate turns from maybe even leading this series.

"However we might want to look at this, we could be up by two games to one instead of being down by three, etc., it doesn't matter," Vigneault said.

THE CANADIAN PRESS

New York Knicks

Jackson names Fisher head coach

The New York Knicks hired Derek Fisher as their new coach on Tuesday, with Phil Jackson turning to one of his most trustworthy former players.

Just days after finishing his 18th season, Fisher was tabbed to replace Mike Woodson, whom Jackson fired after the season in his first major move as team president.

Fisher won five championships playing for Jackson with the Los Angeles Lakers. THE ASSOCIATED PRESS

Tuesday's game

For coverage of Game 3 of the NBA Finals go to metronews.ca

NBA

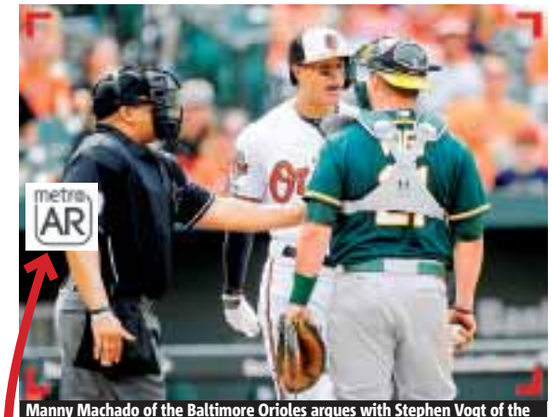
Shelly Sterling to fight in court for Clippers sale

Shelly Sterling will go to probate court Wednesday so a judge can confirm her authority to sell the Los Angeles Clippers, an anonymous source claims.

Shelly Sterling brokered what would be a record-breaking $2-billion deal to sell the team after her husband and co-owner Donald Sterling made racist comments to a girlfriend that were recorded and publicized. The NBA moved swiftly to oust him as an owner.

Donald Sterling has vowed not to sell and is suing the NBA for $1 billion.

THE ASSOCIATED PRESS



Manny Machado of the Baltimore Orioles argues with Stephen Vogt of the Oakland Athletics on Sunday in Baltimore. Machado was ejected from the game. Scan the image with your Metro News app to see a gallery of recent temper tantrums in the sports world. GREG FIUME/GETTY IMAGES

Machado to appeal 5-game suspension for tossing bat

Manny Machado figured he might be suspended for intentionally throwing his bat on the field while at the plate.

What the Baltimore Orioles third baseman didn't expect is that the punishment would be so harsh.

Machado received a five-game suspension and an undisclosed fine Tuesday for tossing his bat in Sunday's game against Oakland.

He has appealed the suspension, which was slated to start immediately. Machado was in the starting lineup Tuesday against Boston.

Major-league scuffle

"I know what I did and he knows what he did. We both got to pay the consequences."

Manny Machado, on Fernando Abad

"I don't want to be down for five days," Machado said. "We're just going to go ahead and get that down, and that's it. Need to try to help out this team in any way."

Machado let his bat fly toward third base after swinging at a pitch from Fernando Abad in the eighth inning. The bat-toss came during a plate appearance in which Abad threw successive high-and-tight pitches.

After the bat went soaring, both benches emptied. Machado and Abad were ejected. Abad was fined but not suspended.

THE ASSOCIATED PRESS

2014 BMW i3

- **Type.** Four-door, four-passenger, rear-wheel drive hatchback
- **Engines (hp).** Electric motor with lithium-ion battery; optional 650cc range-extending gasoline engine
- **Base price (incl. destination).** $44,950

Market position

The i3 should resonate with those who want an emissions-free, city-sized car, but prefer a premium brand. Those with SUVs may find it a viable second car for errands and commutes, too.

Points

- The cabin contains environmentally friendly materials such as bamboo, naturally tanned leather, and a dash made from plants.
- The navigation system can show the car's range, including how traffic, hills or temperature will affect it, as well as nearby public charging stations.
- The i3's manufacturing process uses 50 per cent less energy, and 70 per cent less water, than that of a conventional car.

The i3 has a range of about 160 kilometres on a charge.

Safety

Front, side, curtain, and knee airbags; dynamic stability control; tire pressure warning; battery safety terminal; anti-whiplash head restraints; emergency calling system.

This zippy car's no compromise

Review. The 2014 BMW i3 may be electric, but with the ability to reach up to 150 km/h, it's far from a golf cart

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

Mention BMW, and most people think of sports cars or luxury cruisers. But the company's newest model is something completely different: a funky little electric city car with the potential to change the way many people get from A to B.

It's called the i3, with the "i" standing for innovation. Small on the outside, but extremely roomy on the inside, it was designed from the ground up to be an electric car, rather than a conversion from a gasoline model. It's on sale now, but will only be available from specific dealers in Toronto, Montreal, and Vancouver initially.

Its unusual design consists of two modules: an aluminum frame that contains both the electric motor and lithium-ion battery, and a passenger compartment formed from carbon fibre. These are costly materials, but their light weight allows BMW to use a smaller, less-expensive battery to power the car.

The i3 has a range of approximately 160 kilometres on a charge, which takes about three hours on 240-volt current. BMW says that most Canadians only drive an average of 47 km per day, but for those who fear being stranded, an optional two-cylinder gasoline engine can be added. When the battery runs down, the gas engine acts solely as a generator to make more electricity.

Driving the i3 is a blast. This is no golf cart: Acceleration is snappy, and it's capable of reaching 150 km/h. It captures energy when decelerating, feeding it back into the battery as electricity. This regenerative braking slows the car quickly, and once you get the hang of it, you'll hardly touch the brakes in city traffic.

The steering is well-weighted, with fairly sporty handling. Even though it's a featherweight, it feels substantial, and the comfortable seats have a premium feel. You're treading lightly on the environment, but it never feels like a compromise. Electric vehicles are still a small sliver of the market, and probably will be for a while, but models like the i3 are a considerable step closer to making batteries the fuel of the future.

Compare PHOTOS: CONTRIBUTED

1 Ford Focus Electric
Base price: $36,199
With features similar to the gasoline Focus, the Focus EV goes approximately 122 km on a charge.

2 Smart Fortwo Electric
Base price: $26,990
The price is right, and range can top 138 km, but it only seats two.

3 Cadillac ELR
Base price: $78,250
Run out of power, and its small gas engine fires up to make more electricity.

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Give your brake system a tune-up

Road trip safety. Regular checkups and maintenance are key to ensuring that you don't become a danger to yourself or fellow drivers

JUSTIN PRITCHARD
drive@metronews.ca

You don't need an automotive expert to tell you why your vehicle's brakes are probably its most important safety system — or why they should be maintained regularly and not taken for granted.

Ahead of the warm-weather travel season, an inspection of your vehicle's brakes is a fantastic idea — especially if you'll be travelling in a vehicle heavily loaded with passengers and gear.

Operating a vehicle with poorly maintained brakes is a danger to you, your family and your fellow motorists. Plus, in many newer vehicles, healthy brakes are vital to proper operation of other safety systems like stability control, traction control, and trailer sway control.

Remember: brakes often give off numerous warning signs that they'd like some attention when there's a problem, and a mechanic can inspect and assess your vehicle's braking system quickly, adding confidence ahead of a road trip. If you're heading in for a pre-summer oil change or tune-up, be sure to have the mechanic give your ride's brakes a look-over.

Like most other systems in your vehicle, brakes use fluid and components and consumable parts that should be inspected, serviced and replaced from time to time.

Pads and rotors provide the all-important friction required to slow or stop your ride.

When the friction-generating pads are nearly worn out, a small metal tab attached to each one contacts the surface of that brake rotor to create an annoying, high-pitched squeal. That's your cue to call the garage and book a brake job as soon as possible. Ignoring the squeal is a bad idea which can result in dangerously low levels of stopping power, along with brake rotor damage.

Brake fluid, which transfers pedal pressure to those pads and rotors via brake lines attached to calipers at each wheel, should be inspected for level and quality on a regular basis — just like the fluid in your transmission or engine. As brake fluid ages, it collects contaminants and wears out, reducing the life and effectiveness of other brake system components and even accelerating the rusting of your brake lines.

Ask your mechanic to assess the condition of your brake fluid and brake lines, and ask whether they'd recommend a brake fluid flush. This procedure is fairly simple and ensures that new, top-quality fluid is being utilized by your system. As it is with other automotive systems, fresh fluid is key to long-term system durability.

A final note: Your braking system is only as good as the tires that transfer its stopping power to the road, so be sure to have a tire inspection — including pressure check and adjustment — completed as part of your pre-summer brake system maintenance.

Brake components can collect rust and dirt. CONTRIBUTED

Due for a cleaning

Ask if removal and "cleaning up" of your brakes is warranted.

- **As time passes, rust and dirt accumulate within various brake system parts, negatively affecting lubrication and functionality of the specially lubricated 'pins' which allow the calipers to slide into and away from the rotors.**
- **Proper brake system lubrication maintains stopping power, improves brake caliper life and can even reduce fuel consumption — making the job a worthwhile investment.**

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Horoscopes

♈ Aries
March 21 - April 20
If you have a crush on someone, let them know. There is no guarantee that they will return your feelings but even if they do not, they will be flattered by your interest and you'll know where you stand.

♉ Taurus
April 21 - May 21
You seem to have retreated into your shell and in doing so have lost contact with a number of people. Make it a priority today to look them up and let them know you still exist — and care.

♊ Gemini
May 22 - June 21
You could make an issue of something that annoys you but is it worth the effort? There are so many things going right that you can afford to let minor annoyances pass you by.

♋ Cancer
June 22 - July 23
Something that once seemed beyond you is within reach and you can easily make it your own over the next 24 hours. Once you've got it, don't hold it too tightly. Too much possessiveness is rarely a good thing.

♌ Leo
July 24 - Aug. 23
Much as you'd like to help a loved one today if they signal that they want you to keep your distance, respect that. You'll make matters worse if you interfere where you're not invited.

♍ Virgo
Aug. 24 - Sept. 23
Someone you have not seen for a while will come back into your life over the next 24 hours. You may still be a bit sore that they walked out on you without reason but let it pass. You were made to be together.

♎ Libra
Sept. 24 - Oct. 23
Don't pay much attention to material things today. What matters is not how much you earn but how happy you are on the inside. Bank accounts are one thing — spiritual accounts quite another.

♏ Scorpio
Oct. 24 - Nov. 22
You may want to tear everything down and start again from scratch but is that necessary? You may regret it in the long-term if you destroy what you have created.

♐ Sagittarius
Nov. 23 - Dec. 21
Even a Sagittarius gets it wrong now and again so don't take it to heart if you have made some kind of mistake. And don't try to cover it up either. You are always bold in your successes, so be bold in your failures too.

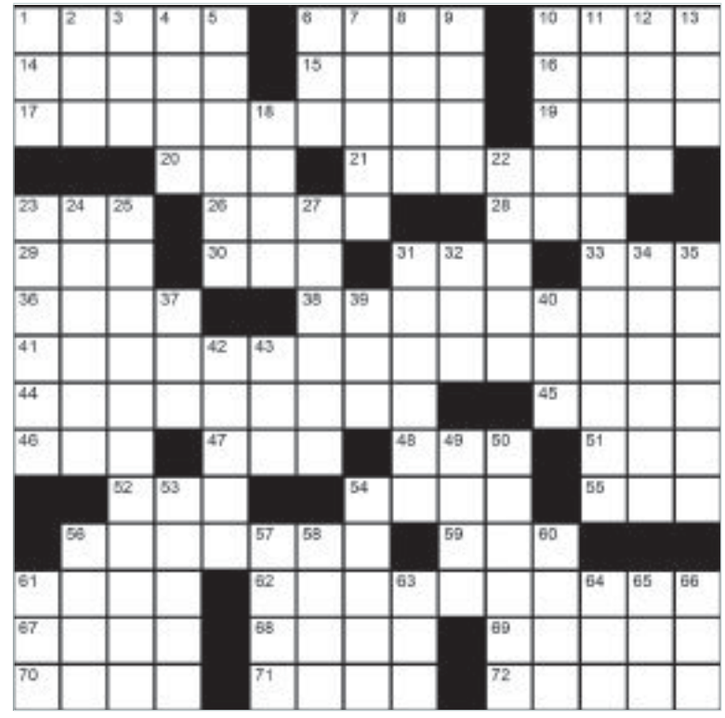
♑ Capricorn
Dec. 22 - Jan. 20
If you live in dread of things that might never happen you will almost certainly miss out on something that would have made life a lot more exciting and a lot more rewarding.

♒ Aquarius
Jan. 21 - Feb. 19
Push yourself forward today and let people in positions of power know who you are and what you can do. Most likely they know already but it won't hurt to remind them. Be keen.

♓ Pisces
Feb. 20 - March 20
Some may complain that you're making life difficult. And you can be certain that you're doing the right thing. It's not about making things difficult for them but making things easier for you. SALLY BROMPTON

Crossword: Canada Across and Down

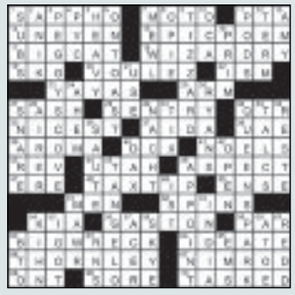
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Canadian actress, __ Lee Williams
6. __ sign
10. Present
14. Originated
15. Relieve
16. Forum fashion
17. Niagara, and others
19. Haywire
20. __ de Janeiro
21. Clique
23. New York sports venue, briefly
26. Curves
28. Classic Jaguar model, _ _ _
29. Rowboat steerer
30. Writer Mr. Tolstoy
31. Canada: ACTRA ...The United States: _ _ _
33. Goat's bleat
36. Sara's surnamesakes
38. Our first Prime Minister's surname
41. Manitoba: 2 wds.
44. Communal society attraction in Saskatchewan, Lajord __ Colony
45. Took _ __ (Swam some)
46. Slitherer's slither
47. __ Bernardino, California
48. Certain continent, curtly
51. 'Absorb' suffix
52. 23rd Greek letter
54. __ Domini
55. __ Palmas, Spain
56. Sarah McLachlan's new album: 2 wds.
59. Buck's babe
61. __ crust pizza
62. Mineral-rich region of Northern Ontario named after a Johnny Cash song: 3 wds.
67. Fashion brand, __ Ricci
68. Gladiator's 1052
69. White-plumed heron
70. Andy Kaufman sitcom
71. Nautical 'not'-nos
72. Ms. Perlman's green!
22. Sarah Palin, to Alaska, __-__.
23. Changes
24. 'Bronto' suffix (Flintstones style of beast)
25. Giza attraction: 2 wds.
27. "Welcome to our home.": 2 wds.
31. Project a movie
32. "Much __ About Nothing" (1993)
34. Opera by Handel
35. Experts
37. Pose for a portrait
39. Disposed
40. Ms. Peeples
42. Nature's 'glue'
43. Broadcaster Mr. Glass
49. Cancel
50. House top's workman
53. Mount of the Bible
54. Broadway musical
56. Mr. LaBeouf
57. Ms. Bombeck
58. Like a shipdripped slick
60. D-I link
61. Tunnel-through-a-mountain making need
63. Soldiers Joe and Jane
64. Pique
65. Mens __ (Criminal intent, in law)
66. Ands: French

Down
1. Shooter marble
2. Songstress Rita
3. "__ a chance!"
4. River of Flanders
5. Picture taken via a plane
6. Beaufort __
7. Gym bag items
8. Norwegian city
9. Nuisance
10. Austere
11. Canadian judge on "America's Got Talent": 2 wds.
12. Beast
13. Method
18. Shout on the

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		7	2		1	9		3
		1	4		5	6		
	9						2	
			6		7			
7								2
			8		9			
	3						6	
		2	7		8	5		
4		6	5		2	8		1

Yesterday's Sudoku

4	2	8	8	1	5	7	9	3
7	9	5	6	2	3	4	8	1
1	3	8	9	7	4	2	5	6
2	8	7	1	3	9	6	4	5
9	5	1	4	6	7	8	3	2
6	4	3	2	5	8	1	7	9
3	6	9	7	8	2	5	1	4
5	7	2	3	4	1	9	6	8
8	1	4	5	9	6	3	2	7

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